



PHYSICAL & SPIRITUAL WELLNESS TIPS FOR CHRISTIAN SENIORS

Growing older is one of the best things in life. You have more experiences, gain more wisdom, and have more fun. Still, there are downsides, like not having as much energy and other common aches and pains. Your spiritual life may suffer a little when you can't get to church because of an illness or bad weather. Still, despite all seniors' trials, struggles shouldn't keep you down. Here are 10 tips for physical and spiritual well-being.

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SPIRITUAL TIPS

PRAY OFTEN

Keeping the communication lines open with God is important and we can easily get distracted by "all the things" in life. Instead of praying at certain times of the day, try praying throughout the day. Thank God for the little things like the parking space in a crowded parking lot. Pray for the homeless person you pass by. Pray for your spouse and kids throughout the day. Ask God to bless your friends and family members. Also, don't forget to talk to him about the hard things, too. He wants to hear about all of it. You can also gather your friends together and form a prayer group to pray for each other and the situations you and your loved ones are facing. You can organize this group online or meet once a week via a Zoom call. There are also times when you may not know how to pray or what to pray for, and that's okay. Sit in silence before God and let him hear the thoughts of your heart.

ATTEND SERVICES REGULARLY

Make sure you attend services regularly. We're made to be around others that share our faith so we can help and encourage each other. Many churches stream their services online if you have mobility issues or the weather is bad and you can't get out. This makes it convenient for everyone to attend.

HELP OTHERS

God has called us to help others. We can do this in many ways, like donating to a favorite charity or volunteering with our favorite charity. Buying a meal for a homeless person or making a meal for someone going through a rough time. Going through our closets and donating what we don't need or use anymore. Donating our time at church or in the community garden or to help clean up a park are great ways to help others. Also, be aware of your surroundings and look for people who may need help and ask God to bring them to your attention and speak to you about how you can help them. A kind act may make someone's day, or a kind word may save someone's life.





MAKE MEANINGFUL CONNECTIONS

Seniors can feel isolated, so it's important to make meaningful connections. We live in a world where we disconnect and barely see each other when we walk by. Volunteer at your local animal or homeless shelter and make some friends. Get involved with a youth program and connect with the kids, or teach VBS one summer with your church. Also, get involved in church activities and make friends. You could also start your own group or club about something you are passionate about and make friends that way. If you have mobility issues, there are ways you can connect online, too. Join a group that is passionate about hiking, fishing, or baking, where you meet people and share tips and other interests. I know we have to be careful on social media, no matter what age, but I have made some of my best friends online via groups where we both have a passion for the subject. God wants us to be connected to others, so find out what that looks like for you.

LIVE IN THE MOMENT

Another important thing is to live in the moment. It's easy for all of us to get caught up in what's going on around us, both good and bad. Instead, stop and live in the moment. Enjoy the sun on your face, the warm bed you wake up in the morning, your favorite dessert, and a hug from your spouse or grandchildren. Life is short, so staying in the here and now and not worrying about tomorrow or the future is essential.

"Don't worry about anything, instead pray about everything. Tell God what you need and thank him for all he has done. Then, you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." (Philippians 4:6-7)

This verse always reminds me to stop worrying about the things happening right now or the future ahead. God has it. Instead, I need to enjoy the moment and my life where I am right now.





PHYSICAL TIPS

EXERCISE

Getting exercise as a senior is also important. It helps reduce stress, clear your mind, and keeps you healthy. If you are just getting started exercising, try walking. You can walk alone and listen to an audiobook or podcast, get a group of friends together, or even create a group in your retirement community to walk together. Yoga may be another good option for getting started. If you have a favorite sport, get together with a friend and play a few rounds. There are many ways to exercise, from joining the gym to exercising in the comfort of your home.

EAT WELL

Eating well is important at any age, but especially as a senior. Make sure you are eating healthy, balanced meals, and if you have dietary restrictions, make sure you mind them. Strive to cook at home, not go out to eat, and keep sweets in check for special occasions. Also, mind what time you eat as well and keep things like coffee and alcohol in check so that you aren't up all night because of the aftereffects.





GO TO THE DOCTOR

Regular checkups are important as you get older. Make sure you are keeping your regular doctor appointments and being honest with your medical provider. Keeping things a secret as a senior is not a good idea. Also, make sure you are taking your prescriptions and keeping them filled. If you are no longer comfortable with your doctor, switch to someone else if needed. It's important that you feel comfortable and trust the person who is helping you manage your health.

SEE A SPECIALIST

If you are struggling with something, tell someone. Start some therapy for your feelings of anxiety or depression. If you're having back pain, see a chiropractor, or if you have another health concern that causes you to see a specialist, have it checked out. Keep in mind with therapists, you may have to make a few changes until you find the right one.

BE ACTIVE



We have all heard a body that's in motion stays in motion. We have also heard that a body at rest stays at rest. As a senior, it's important for you to be active. This doesn't just mean physically, but socially and mentally as well.



You can stay active physically by going for a hike, walk or bicycle ride. If you are adventurous and have the funds, try skydiving, paragliding, bungee jumping, or surfing. Bowling or golfing is another way to stay active. Anything that you enjoy that gets you up and moving is a great way to stay active.



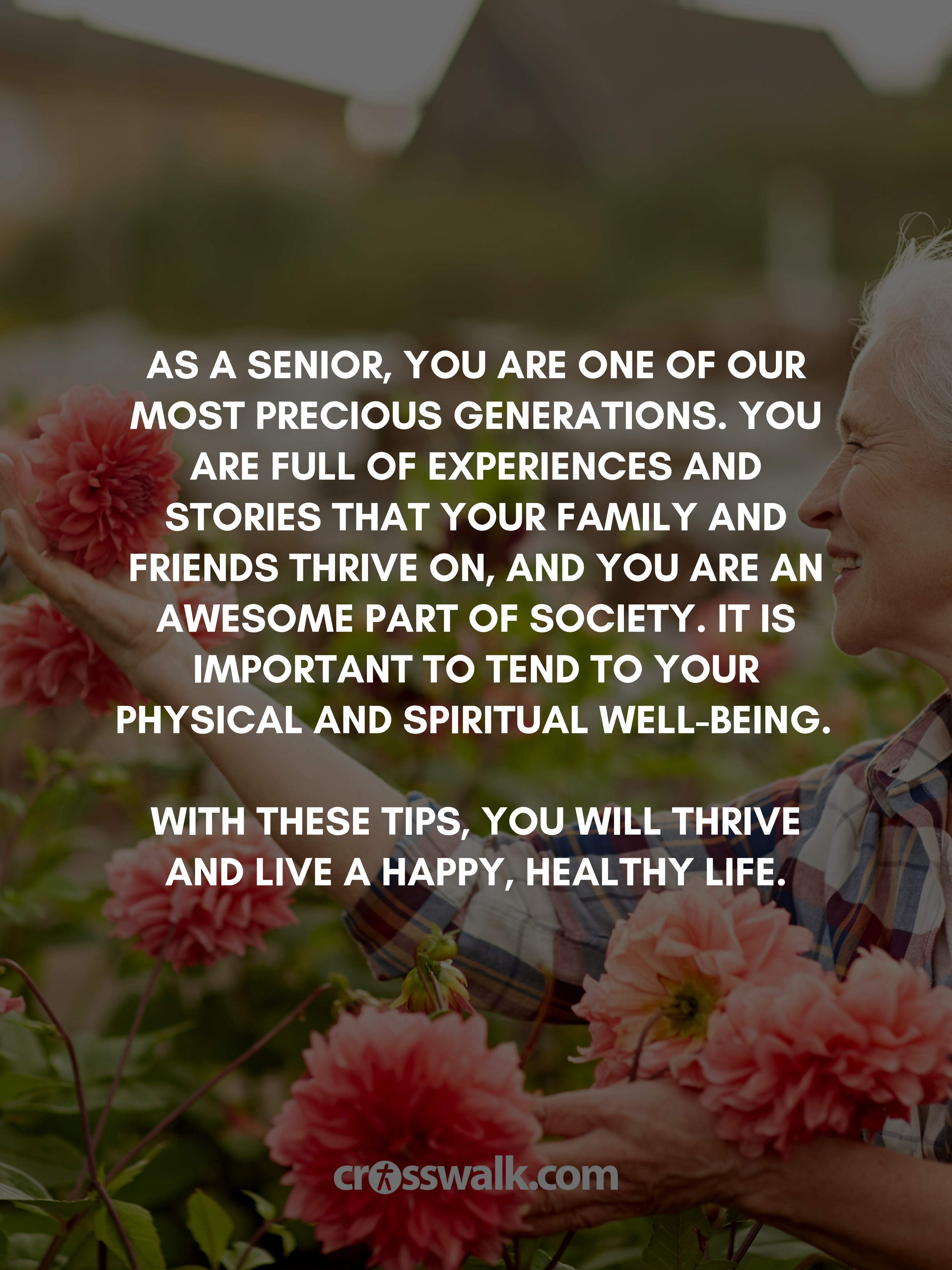
Being **socially active** is vital, too. Spend time with your friends and do things like going shopping, bowling, fishing, hunting, or eating together. Volunteer for a cause and make friends or create your own group. Have your grandkids over and do something together like work in the garden, cook a meal, or bake a pie. If you have older grandchildren, have them teach you about one of their favorite hobbies or passions. You can also develop social connections online. Having social connections is important, especially as a senior.





Staying **mentally active** is important as well. Things like reading, crosswords and search-a-words, and playing mentally stimulating games on your phone are a great way to help keep your mind active. Book genres like thriller, suspense, and mysteries are a great way to keep your mind active by trying to figure out what will happen next or who did it. Watching movies in the same genres is also a great way to stay mentally fit. Another way is to practice memorizing things as well.





AS A SENIOR, YOU ARE ONE OF OUR MOST PRECIOUS GENERATIONS. YOU ARE FULL OF EXPERIENCES AND STORIES THAT YOUR FAMILY AND FRIENDS THRIVE ON, AND YOU ARE AN AWESOME PART OF SOCIETY. IT IS IMPORTANT TO TEND TO YOUR PHYSICAL AND SPIRITUAL WELL-BEING.

WITH THESE TIPS, YOU WILL THRIVE AND LIVE A HAPPY, HEALTHY LIFE.